

TRANSFORMATION

The Goal of the Spiritual Path: An Essay

Love moves the Soul, and the Soul, through love, moves many things. The soul *is* love, as it is light, and it is will. Through the fiery will of the soul, we have the potential to grow spiritually—to transform our consciousness and our lives.

The Ageless Wisdom teachings speak of love as the outstanding quality of the human soul:

*"Love is the dominating force of the soul life; through this type of energy, the soul can be in rapport with all souls."*¹

These teachings tell us that prior to awakening, the soul evolves through many life cycles or incarnations. Until the time when it makes itself felt as a "self-shining light from within," the higher self remains buried within the forms (physical, emotional and mental) of the personality. For lifetimes, the soul bides its time in a state of latency, accumulating knowledge and understanding through the varied roles taken on by the personality in the world of form. Eventually, the ceaseless struggles of human living arouse the soul from its long slumber and the seeker begins to ask the perennial questions, starting with 'Why?'

The first contact with the light of the soul generally occurs at points of crisis, such as severe loss or prolonged disappointment. "Through the shattering of forms come our deepest learnings," say the wisdom teachings. Being forced to release attachments to people, circumstances, and things of this world, one begins looking for deeper answers. The search for understanding heightens awareness of the subtler realities of the world of meaning—the natural realm of the soul. Through dreams and reflections, flashes of insight and intuition, answers begin to present themselves.

When the personality is painfully confronted with fundamental choices to be wrought out in the crucible of conscience, the search for truth intensifies. As the soul shines its light more brightly on the life being lived, the 'hidden' activities of the personality are also seen more clearly. The fundamental choice inherent in every crisis then appears: to grow towards the soul's light, no matter what it may reveal, or to ignore that light.

Transformation becomes possible when one recognizes the presence of the soul and pursues its greater light. On the path, we learn to see through the eyes of the soul and become an observer of life, stepping outside the patterns and parameters of the persona and seeing from a higher perspective. We learn to discriminate between the real and the unreal, the true and the false, the eternal and the transitory. Opening to the inner silence through the practice of meditation, we become aware of the soundless voice that has always been there.

As the path unfolds and the soul and persona begin to integrate, higher frequencies of light enter one's awareness. Inevitably, this sets up a confrontation between the soul's aspiration for greater light and the shadow of the personality. One is led to the 'burning grounds'—painful life crises that expose the polarities in our nature and the need to resolve them. Steadily, over time, the soul illumines the psyche and loosens the fierce self-identification of the personality. Through our own pain, we learn to recognize the pain of humanity. The Christ principle or Buddha nature—the soul in each of us—comes alive and the heart experiences genuine compassion.

The spiritual path has a clear and specific goal: for the light and love of the Soul to infuse the persona. This occurs gradually on the journey of transformation, as the true Self slowly gains influence over the persona and begins to guide its responses. This influence is enhanced in a group of kindred souls. Because the soul is by nature 'group conscious,' aware of its inherent kinship with other souls, the disciple is drawn toward groups at a similar stage of unfoldment, and to guidance from Souls who are truly wise and have transcended the realm of earthly experience.

It takes many lifetimes for the soul to reveal its full radiance and powers. Prior to illumination, one perceives only aspects of reality, not the ultimate Reality. Helena Blavatsky offers practical insight into the shifts in perception on the Path of Ascent:

*"Whatever plane our consciousness may be acting in, both we and the things belonging to that plane are, for that time, our only realities. As we rise in the scale of development, we perceive that during the stages through which we have passed we mistook shadows for realities. The upward progress of the Soul is a series of progressive awakenings, each advance bringing with it the idea that now at last, we have reached 'reality'."*²

With expanding consciousness, one learns the art of letting go, realizing that old identifications must yield to newer and higher ones. The soul's growing sense of connectedness to the higher realm of Souls supports the process of letting go. With steady infusions of light, there is a more consistent registration of the presence of Elders within the Hierarchy of Light. In the deepening experience of spiritual love, one opens to a profound sense of 'returning home to Source.'

When the goal of the Path is achieved, the once-unconscious personality is transformed into a fully conscious soul. The impact of the individual who has been thoroughly infused with light is described in the following quotation:

*"Every human being who reaches the goal of light and wisdom automatically has a field of influence which extends both up and down, and which reaches both inwards to the source of light and outwards into the 'fields of darkness.' When he has thus attained, he will become a conscious center of life-giving force, and will be so without effort. He will stimulate, vivify to fresh efforts all lives that he contacts, be they his fellow aspirants, or an animal or a flower. He will act as a transmitter of light in the darkness. He will dispel the glamour around him and let in the 'radiance of reality'."*³

¹ Bailey, Alice A., *A Treatise on White Magic*, adapted

² Blavatsky, Helena P., *The Secret Doctrine*

³ Bailey, Alice A., *A Treatise on White Magic*